

SPREADING THE WORD TO MEET A CLEAR NEED
By Michael Tredinnick Ph.D., Supervising Psychologist, ACCESS Center

No doubt we all know someone who wants to express something on their mind in the middle of the night, and perhaps has a limited circle of family and friends to talk to. This is particularly true of the elderly and especially those who are house-bound. However, a listening ear is only a phone call away. Hopefully, you will continue to spread the word, especially to those who need it the most; Los Angeles County's talkline, the "LA Warmline", is available from 10PM to 6AM.

The LA Warmline currently answers over 1,000 calls each month, many from new callers. While the line is attracting a large number of calls from those under 60, the call agents are hoping to get your help in reaching out to a wider cross section of the community. Although the call agents speak both English and Spanish, approximately only 18% of the calls are from callers who describe themselves as Hispanic or Latino, and only 5% of the callers are 65 and older. The most common presenting issues are loneliness, relationship issues and family conflict.

For further information, contact Dr. Tredinnick at mtredinnick@dmh.lacounty.gov.

Contact Information:

LA Warmline	Tel: 855-952-9276	Sun-Sat, 10PM-6PM
Suicide Crisis Line	Tel: 877-727-4747	24HRS
ACCESS Center	Tel: 800-854-7771	24HRS
Hotline of Southern California	Tel: 562-596-5548	Sun-Sat, 9AM-9PM
Community Helpline	Tel: 877-541-2525	Sun-Sat, 9AM-10PM
Project Return	Tel: 888-448-9777	Mon-Fri, 5PM-10PM

The LA Warmline is funded by the voter-approved Mental Health Services Act (Prop. 63). It is one of several Prevention and Early Intervention initiatives implemented by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities. For more information, visit www.calmhsa.org.